



Lokeren City Run

Kono

Lokeren

12.10.2019

10K

10000 m

38 Controls

Name	Nat.	Class	Club	Time	min/km
1. Adriaan PELCKMANS	BEL	10K	Kono	0:39:40	3'58"
2. Quinten LOOYMANS	BEL	10K	Kono	0:41:30	4'09" + 1'50"
3. Aleksander KOWALCZYK	BEL	10K	Kono	0:42:14	4'13" + 2'34"
4. Silke VAN ROOY	BEL	10K	Kono	0:45:04	4'30" + 5'24"
5. Jasper VAN AUDENAERDE	BEL	10K	Kono	0:48:48	4'52" + 9'08"
Jonas INGELS	BEL	10K	Kono	0:48:48	4'52" + 9'08"
7. Kevin BONNAERENS	BEL	10K	Kono	0:48:52	4'53" + 9'12"
8. Tycho VAN HAUWAERT	BEL	10K	Kono	0:50:11	5'01" + 10'31"
9. Stefaan MELS	BEL	10K	Kono	0:56:44	5'40" + 17'04"
10. Dieter SAEY - VAN PETEGH	BEL	10K	Kono	0:56:51	5'41" + 17'11"
11. Marieke DE BRUYNE	BEL	10K	Kono	0:56:55	5'41" + 17'15"
12. Lars VAN DE VONDEL	BEL	10K	Kono	1:00:23	6'02" + 20'43"
13. Maxine VERSCHRAEGEN	BEL	10K	Kono	1:00:24	6'02" + 20'44"
14. Ygor DE BONDT	BEL	10K	Kono	1:01:12	6'07" + 21'32"
15. Vanessa BOLSENS	BEL	10K	Kono	1:02:01	6'12" + 22'21"
16. William NICQUE	BEL	10K	Kono	1:04:57	6'29" + 25'17"
17. Bjorn PAUWELS	BEL	10K	Kono	1:06:09	6'36" + 26'29"
18. Elke JANSEN	BEL	10K	Kono	1:09:52	6'59" + 30'12"
19. Stephanie DE ROOVER	BEL	10K	Kono	1:09:53	6'59" + 30'13"
20. Dirk MEEUWES	BEL	10K	Kono	1:09:54	6'59" + 30'14"
21. Georges VONCK	BEL	10K	Kono	1:10:05	7'00" + 30'25"
22. Leslie KESTELEYN	BEL	10K	Kono	1:10:52	7'05" + 31'12"
23. Sven VANDUYNSLAGER	BEL	10K	Kono	1:11:02	7'06" + 31'22"
24. Lien STEVENS	BEL	10K	Kono	1:11:57	7'11" + 32'17"
Sanderijn CALUWAERTS	BEL	10K	Kono	1:11:57	7'11" + 32'17"
26. Anneleen VAN VERRE	BEL	10K	Kono	1:11:59	7'11" + 32'19"
27. Tinne RUELL	BEL	10K	Kono	1:12:10	7'12" + 32'30"
28. Ellen ALDERWEIRELDT	BEL	10K	Kono	1:14:54	7'29" + 35'14"
Jochen ALDERWEIRELDT	BEL	10K	Kono	1:14:54	7'29" + 35'14"
30. Daan MARTENS	BEL	10K	Kono	1:14:55	7'29" + 35'15"
31. Jeffrey HOSTE	BEL	10K	Kono	1:14:57	7'29" + 35'17"
32. Els VERMEULEN	BEL	10K	Kono	1:15:00	7'30" + 35'20"
33. Veerle PERMENTIER	BEL	10K	Kono	1:15:18	7'31" + 35'38"
34. Dirk SPIESSENS	BEL	10K	Kono	1:17:05	7'42" + 37'25"
35. Martine MAMPAEY	BEL	10K	Kono	1:17:22	7'44" + 37'42"
36. Carmen VAN WASSENHOV	BEL	10K	Kono	1:17:49	7'46" + 38'09"
Kim SCHEERENS	BEL	10K	Kono	1:17:49	7'46" + 38'09"
38. Peter DE GREGT	BEL	10K	Kono	1:18:31	7'51" + 38'51"
39. Emilie SMET	BEL	10K	Kono	1:18:35	7'51" + 38'55"
40. Stephanie SMET	BEL	10K	Kono	1:18:37	7'51" + 38'57"
41. Pieter ROOSENS	BEL	10K	Kono	1:25:08	8'30" + 45'28"
42. Frank VAN LOO	BEL	10K	Kono	1:25:11	8'31" + 45'31"
43. Cleo VAN DER BRUGGEN	BEL	10K	Kono	1:26:52	8'41" + 47'12"
Dieter D'HOLLANDER	BEL	10K	Kono	1:26:52	8'41" + 47'12"
45. Evelien DIELEMAN	BEL	10K	Kono	1:26:55	8'41" + 47'15"
46. Evie BOGAERTS	BEL	10K	Kono	1:28:40	8'52" + 49'00"

10K

10000 m

38 Controls

Name	Nat.	Class	Club	Time	min/km	
Kathleen HAENTJES	BEL	10K	Kono	1:28:40	8'52"	+ 49'00"
Katrien VAN BOGAERT	BEL	10K	Kono	1:28:40	8'52"	+ 49'00"
49. Kim DE MITS	BEL	10K	Kono	1:28:42	8'52"	+ 49'02"
50. Joris VAN DEN BRANDE	BEL	10K	Kono	1:35:53	9'35"	+ 56'13"
51. Nathalie DEDEURWAERDE	BEL	10K	Kono	1:35:57	9'35"	+ 56'17"
52. Annick VAN BRUYSSSEL	BEL	10K	Kono	1:35:58	9'35"	+ 56'18"
53. Vincent FIERENS	BEL	10K	Kono	1:43:15	10'19"	+ 63'35"
54. Sylvie VAN ACKER	BEL	10K	Kono	1:43:25	10'20"	+ 63'45"
55. Jan VAN DEN BERGH	BEL	10K	Kono	1:43:29	10'20"	+ 63'49"
56. Els VERVAET	BEL	10K	Kono	1:47:58	10'47"	+ 68'18"
57. Ann METDEPENNINGEN	BEL	10K	Kono	1:48:00	10'48"	+ 68'20"
Catherine VAN DE VELDE	BEL	10K	Kono	1:48:00	10'48"	+ 68'20"
59. Debby VAN DE VYVER	BEL	10K	Kono	1:48:02	10'48"	+ 68'22"
60. Isabelle VERSELE	BEL	10K	Kono	1:48:05	10'48"	+ 68'25"
61. Petra MEL	BEL	10K	Kono	1:48:13	10'49"	+ 68'33"
62. Jarno MEL	BEL	10K	Kono	1:48:14	10'49"	+ 68'34"
63. Jana CLOET	BEL	10K	Kono	1:49:30	10'56"	+ 69'50"
64. Annelies TACK	BEL	10K	Kono	1:49:31	10'57"	+ 69'51"
65. Jessy DE MEYER	BEL	10K	Kono	1:57:46	11'46"	+ 78'06"

5K

5000 m

24 Controls

Name	Nat.	Class	Club	Time	min/km	
1. Boudewijn VAN AUTREVE	BEL	5K	Kono	0:35:53	7'10"	
2. Liese GEERTS	BEL	10K	Kono	0:37:55	7'35"	+ 2'02"
3. Mauro HELON	BEL	Min 11-	Kono	0:38:42	7'44"	+ 2'49"
4. Frank WEYLER	BEL	5K	Kono	0:39:14	7'50"	+ 3'21"
5. Kristof DE CHAMPS	BEL	5K	Kono	0:44:42	8'56"	+ 8'49"
6. Jana DE CHAMPS	BEL	5K	Kono	0:44:47	8'57"	+ 8'54"
7. Sam VAN PETEGHEM	BEL	5K	Kono	0:44:49	8'57"	+ 8'56"
8. Roselien DE BAERE	BEL	5K	Kono	0:44:50	8'57"	+ 8'57"
9. Jan DE VRESSE	BEL	5K	Kono	0:45:19	9'03"	+ 9'26"
10. Toke VAN DER HERTEN	BEL	5K	Kono	0:48:11	9'38"	+ 12'18"
11. Ben VAN DER HERTEN	BEL	5K	Kono	0:48:12	9'38"	+ 12'19"
12. Demi VAN DER HERTEN	BEL	5K	Kono	0:48:22	9'40"	+ 12'29"
Dennis VARENDONCK	BEL	5K	Kono	0:48:22	9'40"	+ 12'29"
14. Anneleen DEDUYTSCHAEV	BEL	5K	Kono	0:50:28	10'05"	+ 14'35"
15. Tom BAEYENS	BEL	5K	Kono	0:50:30	10'06"	+ 14'37"
16. Veronique CLINCKSPOOR	BEL	5K	Kono	0:50:31	10'06"	+ 14'38"
17. Elien AUDENAERT	BEL	5K	Kono	0:51:04	10'12"	+ 15'11"
Elien VAN DRIESSCHE	BEL	5K	Kono	0:51:04	10'12"	+ 15'11"
19. Koen VAN RIET	BEL	5K	Kono	0:51:18	10'15"	+ 15'25"
20. Elana DE COEN	BEL	5K	Kono	0:51:19	10'15"	+ 15'26"
21. Cinderella DE WITTE	BEL	5K	Kono	0:51:22	10'16"	+ 15'29"
Priscilla DE WITTE	BEL	5K	Kono	0:51:22	10'16"	+ 15'29"
23. Kobe CRAEN	BEL	5K	Kono	0:51:24	10'16"	+ 15'31"
24. Jasper CRAEN	BEL	5K	Kono	0:51:25	10'17"	+ 15'32"
25. Frank CRAEN	BEL	5K	Kono	0:51:26	10'17"	+ 15'33"
26. Roel BUISSERET	BEL	5K	Kono	0:51:27	10'17"	+ 15'34"
27. André MARTENS	BEL	5K	Kono	0:51:35	10'18"	+ 15'42"
Leen MARTENS	BEL	5K	Kono	0:51:35	10'18"	+ 15'42"
29. Lenny MARTENS	BEL	5K	Kono	0:51:36	10'19"	+ 15'43"
30. Siene VAN LOO	BEL	5K	Kono	0:52:34	10'30"	+ 16'41"

Name	Nat.	Class	Club	Time	min/km	
31. Eddie DESMEDT	BEL	5K	Kono	0:52:35	10'30"	+ 16'42"
32. Flore VAN LOO	BEL	5K	Kono	0:53:14	10'38"	+ 17'21"
33. Filip VAN LOO	BEL	5K	Kono	0:53:15	10'38"	+ 17'22"
34. Nette VAN LOO	BEL	10K	Kono	0:53:16	10'39"	+ 17'23"
35. Liese VANTHEEMSEN	BEL	Min 11-	Kono	0:53:47	10'45"	+ 17'54"
36. Ward FIERS	BEL	Min 11-	Kono	0:53:54	10'46"	+ 18'01"
37. Lieselot DEPRAETERE	BEL	Min 11-	Kono	0:53:58	10'47"	+ 18'05"
38. Ella BAUWENS	BEL	Min 11-	Kono	0:53:59	10'47"	+ 18'06"
39. Felien COOREVITS	BEL	Min 11-	Kono	0:54:00	10'48"	+ 18'07"
40. Arthur HAECK	BEL	Min 11-	Kono	0:54:03	10'48"	+ 18'10"
41. Josse NONNEMAN	BEL	Min 11-	Kono	0:54:05	10'48"	+ 18'12"
Lander BEIRNAERT	BEL	Min 11-	Kono	0:54:05	10'48"	+ 18'12"
43. Lies VERVAET	BEL	Min 11-	Kono	0:54:06	10'49"	+ 18'13"
44. laure VANOUTRIVE	BEL	Min 11-	Kono	0:54:08	10'49"	+ 18'15"
Noa MAES	BEL	Min 11-	Kono	0:54:08	10'49"	+ 18'15"
46. Nolan DE VOS	BEL	Min 11-	Kono	0:54:09	10'49"	+ 18'16"
Simon DE SMEDT	BEL	Min 11-	Kono	0:54:09	10'49"	+ 18'16"
48. Brecht VAN DEN BROECK	BEL	Min 11-	Kono	0:54:12	10'50"	+ 18'19"
Miel HELON	BEL	Min 11-	Kono	0:54:12	10'50"	+ 18'19"
50. Lars VERREPT	BEL	Min 11-	Kono	0:54:15	10'51"	+ 18'22"
51. Emeric BEIRNAERT	BEL	Min 11-	Kono	0:54:27	10'53"	+ 18'34"
52. Anke VAN DE WALLE	BEL	5K	Kono	0:54:30	10'53"	+ 18'37"
53. Stephanie PETIT	BEL	10K	Kono	0:54:31	10'54"	+ 18'38"
54. Ellen VAN DEN HOOF	BEL	5K	Kono	0:54:32	10'54"	+ 18'39"
55. Tim HAMERYCK	BEL	Min 11-	Kono	0:54:38	10'55"	+ 18'45"
56. Eliene WILS	BEL	5K	Kono	0:56:34	11'18"	+ 20'41"
57. Lily-Anne COLE	BEL	5K	Kono	0:56:37	11'19"	+ 20'44"
58. Fara BOEL	BEL	5K	Kono	0:58:10	11'37"	+ 22'17"
Sally DE VRIEZE	BEL	5K	Kono	0:58:10	11'37"	+ 22'17"
60. Dirk BERWAERTS	BEL	5K	Kono	0:59:05	11'48"	+ 23'12"
61. Tim WYMEERSCH	BEL	5K	Kono	0:59:26	11'53"	+ 23'33"
62. Nathalie FEYS	BEL	5K	Kono	0:59:32	11'54"	+ 23'39"
63. Merel VAN HAUWERMEIRE	BEL	10K	Kono	0:59:43	11'56"	+ 23'50"
64. Jana ROSSAERT	BEL	10K	Kono	0:59:46	11'57"	+ 23'53"
65. Paul BOLSENS	BEL	5K	Kono	1:01:40	12'20"	+ 25'47"
66. Lieselore VAN ACKER	BEL	5K	Kono	1:03:50	12'45"	+ 27'57"
67. Ward DE COCK	BEL	5K	Kono	1:04:01	12'48"	+ 28'08"
68. Wannas DE COCK	BEL	5K	Kono	1:04:02	12'48"	+ 28'09"
69. Anke MELS	BEL	5K	Kono	1:04:07	12'49"	+ 28'14"
Jessy ROELS	BEL	5K	Kono	1:04:07	12'49"	+ 28'14"
71. Stephanie HENISSEN	BEL	5K	Kono	1:04:12	12'50"	+ 28'19"
72. Marijke VERVAET	BEL	5K	Kono	1:04:17	12'51"	+ 28'24"
73. Pablo VERLEYEN	BEL	5K	Kono	1:05:00	13'00"	+ 29'07"
74. Hilde BUERMANS	BEL	5K	Kono	1:05:04	13'00"	+ 29'11"
75. Dante VERLEYEN	BEL	5K	Kono	1:05:13	13'02"	+ 29'20"
76. Inca VERLEYEN	BEL	5K	Kono	1:05:24	13'04"	+ 29'31"
77. Evi PLAQUET	BEL	5K	Kono	1:07:19	13'27"	+ 31'26"
78. Antje DEWITTE	BEL	5K	Kono	1:08:51	13'46"	+ 32'58"
79. Laura DZHAMBKOVA	BEL	5K	Kono	1:08:53	13'46"	+ 33'00"
80. Charles VAN AARLE	BEL	5K	Kono	1:14:37	14'55"	+ 38'44"
81. Heidi D'HEER	BEL	5K	Kono	1:38:00	19'36"	+ 62'07"
82. Cyana HURCKMANS	BEL	5K	Kono	1:38:03	19'36"	+ 62'10"
83. Davy ROOMAN	BEL	5K	Kono	1:38:04	19'36"	+ 62'11"

5K

5000 m

24 Controls

Name	Nat.	Class	Club	Time	min/km	
84. Kristel OSSELAER	BEL	5K	Kono	1:38:07	19'37"	+ 62'14"
Rune VAN HAGEWINDE	BEL	5K	Kono			not classified
Sandra VERSTRAETEN	BEL	5K	Kono			not classified
Talina VAN HAGEWINDE	BEL	5K	Kono			not classified

1,5K

1500 m

13 Controls

Name	Nat.	Class	Club	Time	min/km	
1. Noémie VAN LOKEREN	BEL	Pup 9-1	Kono	0:18:04	12'02"	
2. Charlotte DUFOUR	BEL	Pup 9-1	Kono	0:18:24	12'15"	+ 0'20"
3. Lotte FIERS	BEL	Pup 9-1	Kono	0:18:26	12'17"	+ 0'22"
4. Elina JACOBS	BEL	Pup 9-1	Kono	0:18:27	12'18"	+ 0'23"
5. Nore VAN DAMME	BEL	Pup 9-1	Kono	0:18:28	12'18"	+ 0'24"
Siska KESTELEYN	BEL	Pup 9-1	Kono	0:18:28	12'18"	+ 0'24"
7. Marthe ENGELS	BEL	Ben 7-8	Kono	0:18:30	12'19"	+ 0'26"
8. Sara COULEMBIER	BEL	Pup 9-1	Kono	0:18:37	12'24"	+ 0'33"
9. Lise-Marie NYS	BEL	Pup 9-1	Kono	0:18:43	12'28"	+ 0'39"
10. Eline HAENTJENS	BEL	Ben 7-8	Kono	0:19:52	13'14"	+ 1'48"
11. Stiene VAN EETVELDE	BEL	Ben 7-8	Kono	0:19:56	13'17"	+ 1'52"
12. Rune HAECK	BEL	Ben 7-8	Kono	0:19:58	13'18"	+ 1'54"
Viktor HAECK	BEL	Ben 7-8	Kono	0:19:58	13'18"	+ 1'54"
14. Leon BERTHELS	BEL	Ben 7-8	Kono	0:20:02	13'21"	+ 1'58"
15. Wout VERBEKE	BEL	Ben 7-8	Kono	0:20:03	13'21"	+ 1'59"
16. Amani BOGAERT	BEL	Ben 7-8	Kono	0:20:05	13'23"	+ 2'01"
17. Senne BOSTEELS	BEL	Ben 7-8	Kono	0:20:06	13'24"	+ 2'02"
18. Dré VAN RYSSEGHEM	BEL	Ben 7-8	Kono	0:20:07	13'24"	+ 2'03"
Victor VAN DER STRIECKT	BEL	Ben 7-8	Kono	0:20:07	13'24"	+ 2'03"
Zoe SODADE	BEL	Ben 7-8	Kono	0:20:07	13'24"	+ 2'03"
21. Laura DEWAEELS	BEL	Ben 7-8	Kono	0:20:15	13'30"	+ 2'11"
22. Jade DEWART	BEL	Ben 7-8	Kono	0:20:31	13'40"	+ 2'27"
23. Arthur VERVAET	BEL	Pup 9-1	Kono	0:20:36	13'44"	+ 2'32"
24. Éothain VLAEMINCK	BEL	Ben 7-8	Kono	0:20:37	13'44"	+ 2'33"
25. Lucas HEYE	BEL	Ben 7-8	Kono	0:20:38	13'45"	+ 2'34"
26. Jens LOREN VANNEY	BEL	Ben 7-8	Kono	0:20:39	13'45"	+ 2'35"
27. Finn HAECK	BEL	Pup 9-1	Kono	0:20:40	13'46"	+ 2'36"
Senne WEEMAES	BEL	Ben 7-8	Kono	0:20:40	13'46"	+ 2'36"
29. Enore VANDERBEKE	BEL	Ben 7-8	Kono	0:20:44	13'49"	+ 2'40"
Tjebbe VAN LAERE	BEL	Pup 9-1	Kono	0:20:44	13'49"	+ 2'40"
Wiebe DEVRIENDT	BEL	Ben 7-8	Kono	0:20:44	13'49"	+ 2'40"
32. Torn D'HAEN	BEL	Pup 9-1	Kono	0:20:47	13'51"	+ 2'43"
33. Mats POPPE	BEL	Pup 9-1	Kono	0:20:48	13'51"	+ 2'44"
34. Jeremy VERVAART	BEL	Min 11-	Kono	0:20:49	13'52"	+ 2'45"
Louis CAUWEN	BEL	Min 11-	Kono	0:20:49	13'52"	+ 2'45"
36. Levi DE MAESCHALK	BEL	Pup 9-1	Kono	0:20:52	13'54"	+ 2'48"
37. Matheo HAENTJENS	BEL	Pup 9-1	Kono	0:20:53	13'55"	+ 2'49"
38. Jules HERMANS	BEL	Pup 9-1	Kono	0:20:57	13'58"	+ 2'53"
39. Jip NORMAN	BEL	Min 11-	Kono	0:20:58	13'58"	+ 2'54"
Tim VERHENNE	BEL	Pup 9-1	Kono	0:20:58	13'58"	+ 2'54"
41. August MEEREN	BEL	Min 11-	Kono	0:21:03	14'01"	+ 2'59"
42. Wolf VANDEWEGE	BEL	Min 11-	Kono	0:21:05	14'03"	+ 3'01"
43. Samuel PAUWELS	BEL	Min 11-	Kono	0:21:06	14'03"	+ 3'02"
44. Mats BERTHELS	BEL	Pup 9-1	Kono	0:21:10	14'06"	+ 3'06"
45. Niels BOSTEELS	BEL	Min 11-	Kono	0:21:12	14'08"	+ 3'08"

1,5K

1500 m

13 Controls

Name	Nat.	Class	Club	Time	min/km	
46. Floor HUYGHE	BEL	Ben 7-8	Kono	0:23:00	15'19"	+ 4'56"
47. Fien KIELEMAN	BEL	Ben 7-8	Kono	0:23:01	15'20"	+ 4'57"
48. Hanne OOSTERLINCK	BEL	Ben 7-8	Kono	0:23:06	15'24"	+ 5'02"
49. Nahla COOPMAN	BEL	Ben 7-8	Kono	0:23:07	15'24"	+ 5'03"
50. Clara VERREPT	BEL	Ben 7-8	Kono	0:23:12	15'28"	+ 5'08"
51. Joke DESCHEPPER	BEL	Pup 9-1	Kono	0:23:23	15'35"	+ 5'19"
52. Julie DE GOLS	BEL	Pup 9-1	Kono	0:30:28	20'18"	+ 12'24"
53. Jolien TEMMERMAN	BEL	Pup 9-1	Kono	0:30:30	20'20"	+ 12'26"
54. Noor DE SMEDT	BEL	Pup 9-1	Kono	0:30:32	20'21"	+ 12'28"
55. Livine VANHOVE	BEL	Pup 9-1	Kono	0:30:35	20'23"	+ 12'31"
56. Fran VAN DAMME	BEL	Pup 9-1	Kono	0:30:39	20'25"	+ 12'35"
57. Lana DEVOS	BEL	Pup 9-1	Kono	0:32:15	21'30"	+ 14'11"
58. Ruben HUGEN	BEL	Min 11-	Kono	0:38:45	25'50"	+ 20'41"
59. Sander HAECK	BEL	Kad 13-	Kono	0:38:47	25'51"	+ 20'43"
60. Loic DE VOS	BEL	Kad 13-	Kono	0:38:49	25'52"	+ 20'45"
61. Ruben DE SMEDT	BEL	Kad 13-	Kono	0:38:53	25'55"	+ 20'49"
62. Brent HERREGODTS	BEL	Min 11-	Kono	0:38:57	25'58"	+ 20'53"
63. Thomas ROMBAUT	BEL	Kad 13-	Kono	0:39:00	26'00"	+ 20'56"
64. Stien VAN DAMME	BEL	Min 11-	Kono	0:53:56	35'57"	+ 35'52"

Participation

Kono

216

Total 216